



Vermont Department of Education

October 2006, Issue 2

(To reply, unsubscribe or subscribe, contact Kate Lampel Link at katelink@education.state.vt.us. Please do not hit "reply to all." Thank you.)

Free Technical Assistance in the *School Health Index*

Is your School Health Committee interested in receiving assistance in creating a wellness policy implementation plan or in completing the *School Health Index (SHI)*? Four trained consultants are available at no cost, but on a limited basis, to help schools use the *SHI* for assessment of wellness needs. The *SHI* was developed by the Centers for Disease Control and Prevention (CDC) in partnership with school health experts, administrators, staff, parents and others. The *SHI* enables school communities to identify strengths and weaknesses of health and safety policies and programs and to develop a plan of action linked to the overall School Improvement Plan. The *SHI* is available from the CDC at <http://apps.nccd.cdc.gov/SHI/Default.aspx>. A newly released *School Health Index Training Manual* is available at <http://www.cdc.gov/HealthyYouth/SHI/Training>

For information on technical assistance on using the *SHI* in Vermont schools, contact Shevonne Travers at the Department of Education at (802) 828-0570 or shevonnetravers@education.state.vt.us.

Weaving Wellness into Schools: Using Local Foods in the Cafeteria and Classroom

Regional workshops are planned to help schools and child care centers improve the food and nutrition environment and make connections to local sources. To aid in implementation of the recent Farm-to-School legislation, the workshop is for school staff (including food service personnel), farmers, primary care practitioners, public health providers, school wellness committees, childcare resource development specialists, health educators, dietitians, Fit and Healthy Vermont Coalitions and VT Blueprint Committees. Free registration provided for school food service staff and farmers. (School food service staff are also eligible to receive a stipend.)

Two workshop dates are set (more will be scheduled throughout Vermont this winter):
November 2nd, 2:00-8:00 p.m. - Newsbank Conference Center, Chester

November 7th, 2:00-8:00 p.m. - Israel Congregation, Manchester

For more information, see the attachment or visit <http://www.vtfeed.org/progservices/index.html> or <http://www.southernvermontahec.org/> or call (888) 758-0676.

Grant and Funding Opportunities:

- 1. National Association for Sports & Physical Education/Polar Heart Rate Grant Program Announced** - NASPE/AAHPERD members at middle school and high school physical education programs not currently using heart rate monitors are invited to submit an application to the first NASPE/Polar Heart Rate Monitor Grant Program. The deadline is November 15, 2006. The winning recipients, five middle schools and five high schools, will be announced in the winter issue of NASPE News. Each grant has a value of more than \$4,700. For further information, visit <http://www.aahperd.org/naspe/template.cfm?template=polarGrant.htm>.
- 2. November 1, 2006 - Deadline for School Wellness Grant** – \$30,000 available for school communities to implement wellness programs. To apply, download a copy of the application from the Department of Education's Web site at http://www.state.vt.us/educ/new/html/pgm_coordhealth.html. For questions, please contact Lindsay Simpson at (802) 828-1461 or at lindsaysimpson@education.state.vt.us.
- 3. Youth Garden Grant Program** - The National Gardening Association and Home Depot have announced the 24th annual Youth Garden Grant Program. Schools are among the eligible applicants that must plan to garden in 2007 with at least fifteen children between the ages of three and 18 years. Previous Youth Garden Grant winners who wish to reapply must wait one year and have significantly expanded their garden programs. Applicants should demonstrate a child-centered plan that emphasizes children/youth learning and working in an outdoor garden. For more information, visit <http://www.kidsgardening.com/YGG.asp>. Deadline for applications: November 1, 2006.
- 4. Grants Available to Promote Healthy School Communities** - The Association for Supervision and Curriculum Development (ASCD) will award 10 grants of \$10,000 each to help schools and communities create a healthy school environment. The selected schools will demonstrate the capacity for best practice in leadership and instruction, support comprehensive health programs, and create strong collaborations with other community institutions. The grant is open to K–12 public and independent school communities. Applications are available online at <http://www.ascd.org/healthyschoolcommunities> and are due November 15, 2006. For more information, contact Theresa Lewallen at (703) 575-5622 or at healthyschoolcommunities@ascd.org.
- 5. December 1, 2006 – Deadline for Farm-to-School Grant** - \$125,000 available to help schools increase the use of Vermont products and nutrition education programs. To apply, download a copy of the application (integrated with the School Wellness Grant) at http://www.state.vt.us/educ/new/html/pgm_coordhealth.html. For questions, please contact Steve Justis at (802) 828-3827 steve.justis@state.vt.us.

Professional Development Opportunities:

For a Calendar of Department of Education-Sponsored Events go to <http://www.state.vt.us/educ/new/html/dept/calendar.html>.

Center for Health and Learning (CHL) provides a variety of professional development opportunities. For a complete schedule, visit the calendar at <http://www.healthandlearning.org> or call (802) 254-6590. Here are some upcoming events:

Alcohol, Tobacco and Other Drug Education (fulfills Act 51 requirements):

Dec. 4-5 Montpelier

Jan. 11-12 Montpelier

Mar. 27-28 Rutland

LifeSkills Training – Oct. 24-25 Montpelier and **LifeSkills Training Refresher** – Oct. 26

Introduction to Know Your Body – Nov. 7-8 Montpelier

When Cruel is Cool – A Closer Look at Harassment – Nov. 16 Brattleboro

Positive Body Image for All Children - Prevention and Intervention Strategies – Kids on the Block Vermont present this conference with Michael Levine, Ph.D., Friday, November 3rd at the Wyndham Hotel in Burlington. For more information, go to <http://www.kidsontheblockvermont.org/ConferenceInformation.html> or call (802) 860-3349.

Vermont Association for Health, Physical Education, Recreation and Dance (VAHPERD) Annual Conference “Educating the Whole Child for 21st Century Educators” – Hold the date for this two-day event to be held November 9-10 at the Killington Grand Hotel. For more information, or to register, go to <http://www.vtahperd.org/fall/fall.htm>.

“Don’t Eat That!” – Food Allergies and Anaphylaxis - This presentation, part of the 2006-07 Nursing Grand Rounds program, will take place Wednesday, November 15 from 3:15-4:45 p.m. via Vermont Interactive Television. The speaker is Dr. Barbara Frankowski, a pediatrician and Professor of Pediatrics at the University of Vermont College of Medicine. Register by phone at (802) 656-2179 or online at www.vtahec.org/nursinggrandrounds.

Positive Prevention: HIV/STD Prevention Education for America’s Youth Training

This Red Cross, evidence- and abstinence-based curriculum training on December 6 from 8:30 a.m.-3:30 p.m. is for grades 7-12 general and special educators and focuses on the prevention of HIV and other sexually transmitted diseases. Held at the Capitol Plaza, Montpelier. Cost: \$129 includes curriculum and lunch. Register at <http://trainings.healthandlearning.org/>

Reminder: To unsubscribe, or subscribe, to the *Linking Health & Learning Bulletin*, contact Kate Lampel Link at katelink@education.state.vt.us.

**You're
invited!**

**FREE to School
Food Service &
Farmers**
School Community
teams encouraged
to attend together.

Join us for a regional workshop designed to help the schools and child care centers in your community improve the food and nutrition environment and make connections to local food sources.



Weaving

WELLNESS *into* SCHOOLS

Using Local Foods in the Cafeteria and Classroom

Designed for:

Teachers
Administrators
School nurses
School food service
Farmers
Primary care practitioners
Public health providers
School wellness committee members
Child care resource development specialists
Child & adult care food program participants
Health educators
Dieticians
Fit and Healthy Vermont Coalition members
VT Blueprint Committees

sponsored by:

- Vermont FEED (Food Education Every Day): a partnership of Shelburne Farms, the Northeast Organic Farming Association of Vermont, Food Works
- Southern Vermont AHEC (Area Health Education Center)
- Vermont Department of Education
- Vermont Agency of Agriculture



Southeast Vermont:

November 2, 2006

2:00-8:00 PM

Newsbank Conference Center,
Chester, Vermont

Southwest Vermont:

November 7, 2006

2:00-8:00 PM

Israel Congregation, 6025 Main St.
Manchester Center, Vermont

**4 more workshops offered January - March for other regions of Vermont.
Check the FEED website in December for details: www.vtfeed.org**

- Opportunity to plan with your school team or community group
- Strategies for tackling poor nutrition, food allergies, and hunger
- Taste local and seasonal foods in Vermont school-tested recipes
- Strategies for purchasing, processing, and serving locally produced foods, and developing food service and farmer relationships
- The nuts and bolts of the school food system

To Israel Congregation: From Rutland & North: Take Route 7 South. Immediately after East Dorset, turn right onto Route 7A. The synagogue is about 5 miles south on your right, between the Manchester Town Office and Northshire Medical Center. **From Bennington & South:** Take Route 7 North to Exit 4. At Exit 4 turn left onto Route 11/30. At T-intersection with Route 7A (Malfunction Junction) and blinking light, turn right and go north on Route 7A. The synagogue is on the left side of the road.

To Newsbank Center: From I-91 North & South: Exit 6 to Route 103 North. In Chester, 103 North bears right – DO NOT TAKE THIS TURN! Continue straight (Route 11). Go through center of town, pass the narrow "green," look for "Chester Apartments" sign on right. The Conference Center building (the yellow farmhouse-like colonial building on the corner) is next to sign. Turn right and park behind the Conference Center.

Registration: \$15 (includes a light local dinner)

To register, use attached form, or download it at: www.vtfeed.org/progservices/index.html or www.southernvermontahec.org or call (802) 985-8686 x25 or (802) 885-2126 or toll free (888) 758-0676. **Free to School Food Service and Farmers.**



Registration Form

One registration form per person; please photocopy a blank form for additional registrants. We are happy to accept multiple registration forms for your school team mailed in one envelope with one check.



Weaving



Name: _____

Title and role in school community: _____

Address: _____

Phone (H) _____ Phone (W) _____

Email: _____

I will attend: ☐ **NOVEMBER 2** Workshop ☐ **NOVEMBER 7** Workshop

Payment method (\$15 per registrant):

☐ **CHECK** enclosed payable to Vermont FEED

☐ **CREDIT CARD:** ☐ MC ☐ Visa Card # _____ exp. date _____

☐ **FREE REGISTRATION:** I am a farmer.

☐ **FREE REGISTRATION & STIPEND:** I work in school food service.

Return completed form to Dana Hudson • VT-FEED • 1611 Harbor Road • Shelburne, VT • 05482